

# Johnston County Volleyball Club Policy Handbook

## Appendix C – Covid-19 Current Situation Policy

Rev. 2.0

The club intends to follow Covid-19 safety guidelines as provided by the state of NC to the best of our ability. In the current climate, any indoor activity (volleyball practices and team competition) come with an inherent risk of infection with Covid-19 (herein referred to as the virus). Club members must be willing to accept this risk in order to participate.

The ability of the club to function safely depends greatly on each member's respect for others in the form of the willingness to follow necessary guidelines to protect us all from the virus. If you know that you have been exposed to someone who has tested positive for the virus or you have been in contact with someone who suspects they may have the virus, please do not report to practice. If you have/are experiencing any of the following symptoms, please do not report to practice. Call your coach and consult your healthcare provider for further instructions.

- Fever (100.4° F / 38° C or higher), felt feverish, or had chills?
- Racing, fluttering or skipping beats of heart?
- New or worsening persistent (frequent or continuing) cough?
- New or worsening difficulty breathing?
- New loss of taste or smell?
- Nausea, vomiting or diarrhea?
- Unusual Dizziness during or after exercise?
- Unusual or unexplained headache, sore throat, congestion or runny nose?

The club will attempt to schedule practices on a regular schedule (2 minimum per week). Should the state of NC restrict activities due to Covid, practices may be reduced or suspended. The club reserves the right to re-evaluate the situation and make adjustments to plans / schedules as we deem necessary. Practices are closed to spectators until further notice. Athletes expected to arrive 15 minutes prior to practice start time.

At the time of revision of this policy, no restrictions existed. If required, the club will impose some or all of the following requirements -

- Limitations on the number of players / coaches / staff members that can enter a facility
- The wearing of masks
- Social Distancing (6 ft)
- Covid-19 Declaration – Each player must answer pre-screening questions – no fever/chills, no new cough, no new difficulty with breathing. Each player's temperature shall be measured and recorded on the form.
  - If an athlete fails the temperature check (100.4 or higher) then they must leave immediately. The athlete may not return until they can produce a negative test result.
  - Anyone who carpooled, or otherwise has had extended contact (more than 10 minutes within 6ft) with the athlete must also leave. The athlete may return after 3 days or upon producing a negative test result, unless the first athlete tests positive for the virus.
- After temperature has been recorded, the athlete may enter the facility and proceed to their designated area for preparations. The wearing of masks and social distancing (6 ft) must be adhered to while waiting for the coach to clear the team.

Requirements to enter the volleyball court –

- Volleyballs must be sanitized prior to use.
- A staff member will then come around with hand sanitizer and after hands have been sanitized, athletes may remove their mask and report to court.
- Athletes shall provide their own water bottle(s) – water fountains WILL NOT be available.
- Athletes shall re-sanitize hands prior to water breaks.
- After a visit to the restroom, athletes must wash their hands before returning to the court.

Requirements to complete the session –

- Athletes shall re-sanitize hands prior to ending practice.
- Once released by the coach, the athlete shall return to their designated area to remove their gear. When the athlete leaves their designated area, the wearing of masks and social distancing (6 ft) is again in effect.
- Volleyballs must be sanitized at the end of practice.

Coach's Tips -

- It is very important to keep teams (including coaches) separated. The reason for this is if someone tests positive for the virus, everyone from that team would need to quarantine instead of multiple teams or the entire club.
- Balls need to be sanitized in between each session. You can use a different cart for each session and sanitize them at the end but no cart should ever be shared. Always clean everything when leaving.

#### Covid-19 Positive Case

If an athlete or coach contracts the virus, they MUST quarantine for 14 days. Everyone on their team must also quarantine unless they provide a negative test result. Expected or positive infections will not be divulged within the club. Persons involved in quarantine shall be kept confidential by the board (and the coach if so informed by an athlete).

#### High School Volleyball Season

The club reserves the right to alter or suspend practices for teams age 15 and up once the high school volleyball season commences.

#### Tournaments / Competitions

All club members will be expected to follow rules as set forth by the competition venue. Parents / guardians should be aware that spectators may not be allowed to attend tournaments.

#### Club Refund Policy

Parents / guardians should be aware that gym time must be pre-paid, tournament fees paid at the beginning of the season and coaches must be paid regardless of number of players. This makes refunds for any reason difficult.

As with the cancellation of the end of the 2020 season due to the pandemic, the club will be fair in providing refunds where refunds are granted to the club. In the case of a team being quarantined prior to a tournament, it is not likely that a refund would be granted.